ABSTRACT OF THE DISCLOSURE

In a cooking vessel for use in a microwave oven, a microwave cooking vessel comprises a vessel a having a bottom surface, a body wall, and an open region, wherein the open region extends upwardly from the bottom surface to terminate at the peripheral flange; a heating element adapted to convert microwave radiation into thermal energy, the heating element composed primarily of a mixture of elastic material and ferrite particles, wherein the top face of the heating element is attached to the outer bottom surface of the vessel so as to distribute heat along the bottom of the vessel; and a cover having a dome-shape and comprising a handle for engaging and disengaging the cover onto the vessel, plurality of apertures which provides a pathway for heated air and moisture so that the cover does not disengage from the vessel when the microwave cooking vessel is in use, and an annular flange which sits on the peripheral flange of the vessel when the cover is engaged to the vessel, wherein the cover is composed primarily of microwave radiation reflecting material so as to reflect microwave radiation and preserve the taste of foodstuff being cooked in the microwave cooking vessel.